

Preventing Injuries



For free injury-prevention brochures, call the toll-free [BlueSafe](tel:1-877-BLUESAFE) Hotline at 1-877-BLUESAFE (258-3723).

Many injuries are preventable:

- Preventable injuries result in nearly 70,000 deaths and millions of non-fatal injuries a year.
- Preventable injury is the fourth major cause of death and disability in Michigan, after heart disease, cancer and strokes.
- Bicycles are associated with more childhood injuries than any other consumer product except the automobile. [Wearing a helmet](#) dramatically reduces the risk of serious injury.
- For people 44 and under, preventable injuries are the leading cause of death in the United States, and the second leading cause of premature death.
- Personal injuries result in 12 percent of benefit payouts, according to the national average.
- Injuries from motor vehicle crashes, burns, falls, drownings and poisonings are often preventable.
- We can prevent more than one-third of all injury-related deaths and disabilities, according to national data, by encouraging use of safety devices and by changing high-risk behaviors.

Call BlueSafe now for your free injury prevention information.